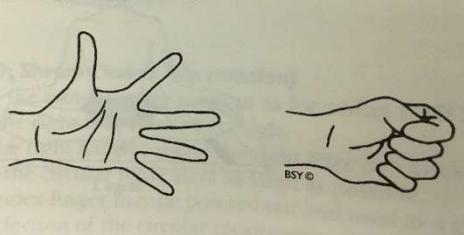
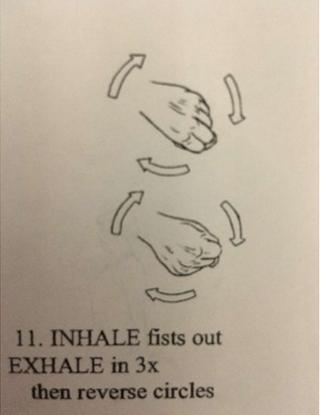


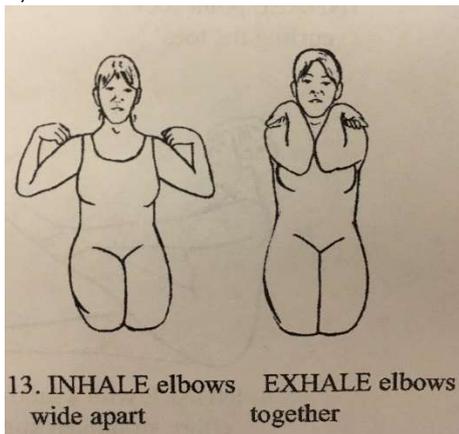
# DESK YOGA –SESSION 1

The first 4 practices are part of a group of asanas called *Pawanmuktasana* and are concerned with loosening up the joints of the body. Excellent practices for releasing energy blockages and tension in the joints and other extremities of the physical body, they also work at the energetic and mental body level. Practiced integrating breath synchronization and awareness focus and calm the mind.

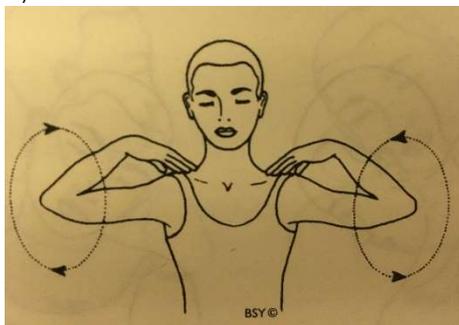
<p><b>1. SHIFTY EYES</b></p> 	<p><b>Description:</b> to boost circulation and awake tired eyes</p> <p>Slowly move the eyes to the right side, then to the centre, then to the left and back to the centre. Look up at the ceiling and finally down at the floor. Rotate them slowly clockwise and anti-clockwise. Close them for 5 secs and repeat in total 3x with awareness on the breath.</p>
<p><b>2. HAND CLENCHING</b></p> 	<p><b>Description:</b> to stretch the fingers and release tension in the joints</p> <p>Hold arms straight in front of the body at shoulder level. Open the hands, palms down, stretch the fingers as wide apart as possible. Close the fingers to make a tight fist with the thumbs inside. Inhale on opening, exhale on closing. Repeat with awareness on the breath and movement for 5x</p>
<p><b>3. WRIST JOINT ROTATION</b></p>  <p>11. INHALE fists out EXHALE in 3x then reverse circles</p>	<p><b>Description:</b> beneficial for the joints and to release tension in the wrists</p> <p>Inhale and extend the arms at shoulder level, make a fist with the hand, thumb inside. Slowly rotate the fist about the wrist ensuring that the fist faces downward during the rotation Inhale the fists out and exhale the fists in. Practice slowly 5x clockwise and 5x anti-clockwise with awareness on the breath and the range of motion of the wrist.</p>

#### 4. SHOULDER SOCKET ABDUCTION, ADDUCTION and ROTATION

a)



b)

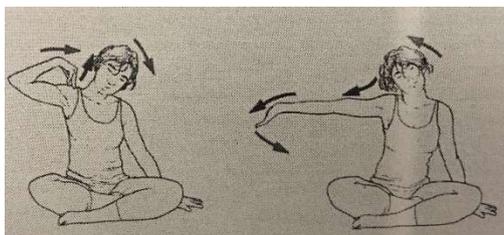


**Description:** to relieve strain from office work and help relieve pressure in the cervical-shoulder area. To mobilise the ribcage and open the chest

a) Inhale the arms straight at shoulder level with palms up, exhale the knuckles to the shoulders. Inhale and open the elbows wide apart, exhale the elbows together. Repeat 5x slowly synchronising the breath with the arms.

b) Then open the hands and place the fingers on the shoulders. Rotate the elbows clockwise and anti-clockwise, inhaling the elbows up to the ceiling (opening well the chest) and exhaling elbows forward stretching the back of the ribcage, so that they can touch in the middle. Repeat 3x each direction synchronising the breath with the arm rotation.

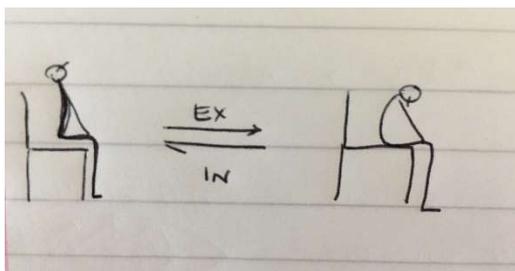
#### 5. NECK (and wrists) STRETCH



**Description:** to “floss” the nerve from the neck to the fingers , release tension in those areas and maintain mobility

Inhale and laterally flex head and neck away from the top arm while drawing the fingers and hands toward the shoulder. Exhale and flex laterally the head and neck toward the top arm while the arm, hand and fingers extend away from the head. Repeat 3x each side with awareness on the breath and the areas stretched

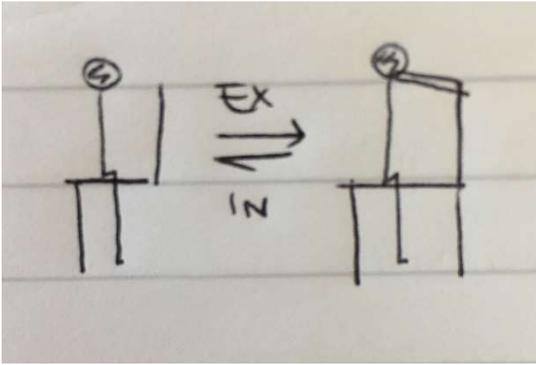
#### 6. SEATED CAT COW (*Chakravakasana-Bitilasana variation*)



**Description:** to mobilise the spine, particularly low back and neck. Improve circulation and stretch the muscles of the back

Bring your hands to both knees, inhale extending the spine long, sitting tall on your sit bones, gaze forward lifting the chest. Exhale to tuck chin to the chest, rounding your spine, pulling the navel in towards the back. FEEL the space between your shoulder blades as you curl your spine. Repeat 5x slowly coordinating breath and movement. Inhale to bring the spine back into a neutral position.

### 7. SEATED TWIST (*Bharadvajasana* | variation)

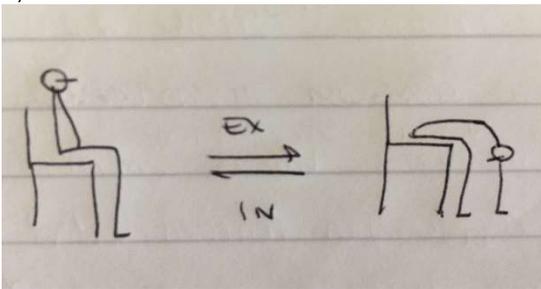


**Description:** to stretch the spine, shoulders and hips. Massages the abdominal organs, relieves lower backache, neck pain and sciatica. Helps relieve stress and improves digestion

Sit sideways on a chair with the chair back to your right. Bring your knees together and your heels directly below your knees. Exhale and twist toward the chair back. Hold onto the sides of the chair back and lift your elbows up and out to the sides, as if you were pulling the chair back apart. Use the arms to help widen the upper back and move the twist into the space between the shoulder blades. Perform the twisting toward the right side first since this pose squeezes the colon and you want the compression to move from your right side toward your left side to facilitate the natural flow of digestion. As in all twists, the twisting action begins in your pelvis, from your pubic bone, and moves upward. On each inhalation lift the spine a little bit higher and on each exhalation twist the spine slightly more. Hold the twist for 30 secs and exhale back to the center. Repeat on the left side. 2x each side.

### 8. SEATED FORWARD BEND (*Uttanasa* variations)

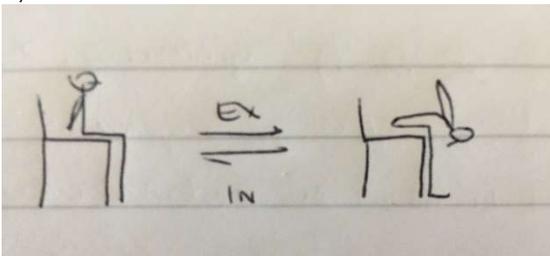
a)



**Description:** to stretch the entire back and to calm the nervous system.

a) Sit up tall, have the legs hip width apart feet under the knees. Inhale lift the spine tall, exhale hinge from the hips and flex the spine forward over your legs. Bring your hands to the floor or on a book if they can't touch the floor. Relax the neck and crown of the head down. Inhale to lift the spine back up initiating the action with your chest and squeezing the gluts. Repeat 3x. You can also bring the legs together.

b)



b) Extend the arms behind the back and interlace the fingers. Inhale sit taller and exhale the trunk over the legs resting the belly onto the thighs and stretching the arms in the opposite direction to the ceiling. Relax the neck and release the crown of the head down. Rest the hands on the lower back and with the next inhalation lift back up to neutral. Change the interlace of the fingers and repeat.

### 9. SEATED MEDITATION with MUDRA (hand gesture)

Sources for some of the drawings and practices

Joint Freeing Series - Mukunda Stiles [https://www.iayt.org/page/DRL\\_JointFreeingSeries](https://www.iayt.org/page/DRL_JointFreeingSeries)

Pawanmuktasana Series - Extract from Asana, Pranayama, Mudra, Bandha